

Get rewarded for your activity by  
connecting your compatible fitness  
device to HumanaVitality®



Humana Vitality®



# Earn Vitality Points™ using devices from these manufacturers



Activity tracker	Vitality Points awarded for			Compatibility	
	Steps	Calories	Heart rate	Online	Mobile App
HumanaGear Pedometers	✓			✓	
Fitbit Activity Trackers	✓			✓	✓
Jawbone UP Wristbands	✓			✓	✓
Geopalz Pedometer	✓			✓	
Fitbug	✓				✓
Polar		✓	✓	✓	
Garmin*	✓	✓	✓	✓	✓
Withings	✓	✓			✓
Misfit	✓				✓
Runkeeper		✓		✓	✓
Strava		✓			✓
Moves	✓				✓
LifeFitness API		✓		✓	
Espresso		✓	✓		✓
LF Connect		✓			✓
iHealth	✓				✓
Rundouble C25K		✓			✓
Apple Health#	✓				✓

See Compatible Fitness Device section for specific devices that work within the HV experience.

\*To ensure the proper transfer of workouts from Garmin, please be sure to set your time zone on your Garmin Connect profile.

#To ensure the proper transfer of workouts from Apple Health, please be sure to sign in to the HumanaVitality Mobile App after your workout.



[HumanaVitality.com](https://HumanaVitality.com)

## How to connect your compatible fitness device to HumanaVitality

### If you have a Humana g1.0 or g2.0 Pedometer

1. Sign in to HumanaVitality.
2. Plug in your Humana g1.0 or g2.0 Pedometer.
3. Click the “View Calendar” button, and you’ll be automatically directed to the new Workout Calendar.
4. If you don’t see “View Calendar,” go to the “Connect Fitness Devices” page and click the prompt to begin registering your device.

### How to connect your fitness device to HumanaVitality

For all other compatible fitness devices:

1. Sign in to HumanaVitality.
2. Visit the “Connect Fitness Devices” page under Get Healthy tab → Fitness and Exercise.
3. Find the link under your device logo to reconnect your device directly to HumanaVitality.
4. App connects directly to HumanaVitality.

### How to connect your Activity Tracker to the HumanaVitality Mobile App

1. Visit the “Connect” section on your HumanaVitality Mobile App.
2. Select the device you’d like to connect and follow the prompts given.

For app-based trackers, the GPS feature of the phone needs to be active, and the workout should take place outdoors or in an area with GPS signal reception.

### How Vitality Points are awarded

**Steps:** Steps: Take 10,000 steps in a calendar day to earn 15 Vitality Points (Medicare MA/MAPD or Medicare Supplement plans: Take at least 3,000 steps in a calendar day to earn 10 Vitality Points or take 7,000 steps to earn 15 Vitality Points).

**Calories:** Burn 200 calories in a single workout, at a pace of at least 200 calories per hour, to earn 15 Vitality Points.

**Heart rate:** Exercise at an average of 60 percent or more of your maximum heart rate for a minimum of 30 minutes in a single workout session to earn 15 Vitality Points. Your maximum heart rate is calculated by subtracting your age from 220. A compatible chest strap transmitter needs to be worn during a workout for the heart rate data to be captured.

You can also connect your device by tapping the “Connect” button on the HumanaVitality Mobile App



HumanaVitality.com

# Compatible fitness devices

Activity tracker manufacturer	Device	Activity tracker manufacturer	Device
<b>HumanaGear</b> <b>g1.0 Pedometer</b>	g1.0 Pedometer	<b>Garmin, continued</b>	<b>Steps:</b>
	g2.0 Pedometer		Vivofit
<b>Fitbit</b>	Fitbit Classic		Vivosmart
	Fitbit Ultra		Vivoactive
	Fitbit One		Forerunner 15
	Fitbit Zip	<b>Geopalz</b>	iBitz
	Fitbit Flex		
	Fitbit Force	<b>iHealth</b>	Wireless activity tracker
	Fitbit Surge		Edge
	Fitbit Charge	<b>Jawbone UP</b>	Jawbone UP
	Fitbit Charge HR		Jawbone UP24
<b>Fitbug</b>	Fitbug Air		Jawbone UP3
	Fitbug Orb		Jawbone UP Move
	Fitbug Go	<b>Misfit</b>	Shine
<b>Garmin</b>	<b>Running:</b>		Flash
	Forerunner 10		
	Forerunner 15		
	Forerunner 50		
	Forerunner 110		
	Forerunner 210		
	Forerunner 305		
	Forerunner 310XT		
	Forerunner 405		
	Forerunner 405CX		
	Forerunner 410		
	Forerunner 60		
	Forerunner 610		
	Forerunner 620		
	FR 70		
	Forerunner 910XT		
	<b>Biking:</b>		
	Edge 500		
	Edge 705		
	Edge 800		
	Edge 510		
	Edge 810		
	<b>Outdoors:</b>		
	Fenix		
	Fenix 2		



Activity tracker manufacturer	Device
Polar	Polar Accurex Plus
	Polar AXN500
	Polar AXN700
	Polar Coach
	Polar CS400
	Polar CS600
	Polar CS600X
	Polar E600
	Polar FT7
	Polar FT40
	Polar FT60
	Polar FT80
	Polar RCX5
	Polar RS300X
	Polar RS400
	Polar RS800
	Polar RS800X
	Polar S610
	Polar S610i
	Polar S625X
	Polar S710
	Polar S710i
	Polar S720i
	Polar S725
	Polar S725X
	Polar S810
	Polar S810i
	Polar Sport Tester
	Polar Vantage NV
	Polar Vantage XL
	Polar XTrainer Plus
	Polar M400
	Polar V800
	Polar V650
Withings	Pulse

Only one workout is awarded per 24-hour period from 12 a.m. – 11:59 p.m.

HumanaVitality is not an insurance product.

Devices may be added or removed without warning. This grid is updated periodically to reflect changes in compatible devices.

For the most up-to-date list, refer to **HumanaVitality.com** or the HumanaVitality Mobile App.



[HumanaVitality.com](https://www.humanavitality.com)